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Reversing alopecia universalis with classical homeopathy: A case study

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Abstract

Alopecia Universalis (AU) is a rare, chronic, and extensive form of alopecia areata marked by total loss of scalp, facial, and body hair. It is considered an autoimmune disorder wherein the immune system attacks hair follicles, resulting in non-scarring hair loss. This case of a male with AU demonstrates remarkable recovery under constitutional homeopathy at Dr. Batra's. Overall improvement in emotional and physical well-being, stable regrowth, and patient satisfaction suggest the long-term benefit of classical homeopathic intervention.

Keywords: Alopecia Universalis, Dr. Batra's, homeopathy

Introduction

Alopecia Universalis (AU) is the most advanced form of alopecia areata, presenting as complete loss of hair across the scalp, face, and body. It is believed to be an autoimmune disorder where T-cells mistakenly attack the hair follicles, leading to non-scarring hair loss. The incidence of AU is rare, accounting for approximately 7-10% of alopecia areata cases [2]. Clinically, patients exhibit total scalp baldness, loss of eyebrows, eyelashes, and body hair, often accompanied by psychological distress due to its impact on appearance and social interactions [1]. Triggers can include genetic predisposition, stress, viral infections, and hormonal imbalances [3]. If left untreated, AU can persist for years or even decades, potentially leading to nail abnormalities, depression, and reduced quality of life [4]. Current conventional treatments, such as corticosteroids and immunotherapy, have variable outcomes and often lack long-term sustainability or come with side effects. As a result, complementary approaches like individualized homeopathic medicine are gaining interest for offering gentle, holistic, and patient-centric recovery [5].

Case Profile

A 20-year-old male presented with extensive hair loss affecting the entire scalp, eyebrows, beard, and body for over a year. Despite taking multiple medications, he experienced no improvement and remained emotionally distressed due to his appearance, avoiding public settings and keeping his hair short to hide the patches. Notably, a similar condition had occurred briefly during early childhood, resolving spontaneously. At the time of presentation, he exhibited active hair fall, itching, and thinning of eyebrows. Individualized homeopathic treatment was initiated at Dr. Batra's Clinic, Ludhiana. Over the following months, progressive regrowth of hair was observed on the scalp, eyebrows, beard, and body. The patient reported normalized sleep, appetite, and emotional well-being. At times, mild relapses occurred with eyebrow shedding or reappearance of isolated patches, but consistent follow-ups and adherence to diet, care, and homeopathic medicines led to sustained improvement. Eventually, all patches recovered fully, hairfall ceased, and no new lesions were observed. The patient regained confidence, reported satisfaction with the treatment, and continued follow-up to maintain stability.

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Physical Generals

Diet	Veg
Appetite	Reduced
Desire	Ns
Aversion	Ns
Thermal Reaction	Chilly
Thirst	Normal
Stools	Normal
Urine	Pale
Perspiration	Profuse
Sleep	Refreshing
Dreams	Random about daily activities

Examination

Multiple well-defined, smooth, non-scaly alopecic patches seen over the scalp

Exclamation mark hairs observed prominently at the periphery of patches

Halo of fine, vellus hair present around several patches, suggesting early regrowth response

Eyebrow and beard thinning noted; lateral loss more pronounced

No signs of erythema, scaling, or pustulation over the lesions

Nail beds appeared normal; no pitting or ridging observed

No lymphadenopathy or systemic involvement on general examination

Mild scalp dryness noted, but no dandruff or secondary infection

Pull test positive in active margins (2-3 hairs extracted per pull)

Patient emotionally withdrawn during examination; avoids eye contact, speaks minimally

Mental Generals

Patient was born and brought up in a remote village in Uttarakhand in a large joint farming family. His parents, both farmers, worked hard in the fields, and the patient grew up witnessing a simple and modest lifestyle. He is the youngest among six siblings-three brothers and two sisters-who are also engaged in various farming or labor work back in the village. From childhood, he was reserved in nature and mostly kept to himself, especially around strangers.

He studied in a village school and completed education up to the 12th standard. He describes his schooling days as basic but peaceful, without any major stress or academic pressure. Teachers were supportive, and he shared an average relationship with classmates. There were no

episodes of bullying, but due to limited exposure and resources, he remained a shy and quiet child. His upbringing was rooted in discipline and simplicity, and he had a stronger emotional bond with his mother, who he felt understood him better.

After his 12th standard, he moved to Ludhiana to live with family friends and pursue a computer course. Adjusting to city life was a significant shift for him, but he reports feeling more comfortable in the new environment compared to his village. Being a student now, he is not working but aspires to settle in the city with a better job and future.

As a person, he describes himself as cool, calm, obedient, punctual, and emotional. He is not prone to anger or anxiety but admits he gets upset if someone uses abusive language or mocks him, especially regarding his hair condition. He lacks self-confidence in public spaces due to alopecia, often keeping his hair short to avoid notice. He finds it difficult to make decisions independently, like choosing clothes or ordering food, and often relies on others. He opens up emotionally only when surrounded by familiar people.

According to his family and clinical observation, he tends to be less attentive and slower in understanding tasks compared to peers. However, he is sincere and responsible towards his family. He has a childish demeanor, often playful and dependent. He is sensitive to others' remarks, especially about his appearance, which affects his confidence and mood.

He does not report any significant emotional trauma, stress, or sadness in life. He recalls his birthday as the happiest day, bringing joy and attention. He enjoys playing cricket, which remains his main hobby and stress-buster.

Past History

- Had alopecia patches at the age of 4 years.
- Around 2-3 patches appeared on the scalp.
- The condition resolved on its own within 2-3 months.

Family History

Mother: Suffers from joint pains for the last 2-3 years.

Case analysis - Repertorial totality

Repertory used	Rubrics selected
Synthesis Repertory	Mind - CARES, full of- domestic affairs, about Mind - STRANGER, presence of strangers, agg Mind - CHILDISH Behavior

Repertory screenshot

	sep.	bar.c.	dic.	lyc.	stram.	amb.r.	puls.	aur-m-n.	bufo.	carb-v.	con.	phos.	sil.	zinc.	pod.	spong.	agar.	aloe.	apis	arg.
5. Clipboard 5	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
▶ 1. MIND - CARES, full of - domestic affairs, about (4) 1	3	1					2													
▶ 2. MIND - STRANGER - presence of strangers - agg. (25) 1	3	2	1	3	2	2		1	1	1	1	1	1	1		3				
▶ 3. MIND - CHILDISH behavior (75) 1	1	3	3	1	2	1	1	1	1	1	1	1	1	1	3		2	2	2	2

Selection of Remedy

Constitutional Remedy

- **Remedy:** *Baryta Carb*
- **Potency:** 200
- **Dose:** Single dose, stat

Reasons

- Reserved, shy, emotionally sensitive nature
- Difficulty in decision-making, dependent personality
- Slow understanding, less confident, behaves childishly
- Given on the basis of observation and repertorisation

Acute Remedy

- **Remedy:** *Weisbaden*
- **Potency:** 200
- **Dose:** Three doses, once daily (OD)

Reasons

- Active hair regrowth stimulator
- Promotes hair growth from hair follicles
- Prescribed based on present active alopecia symptoms

Intercurrent Remedy

- **Remedy:** *Thuja*

- **Potency:** 200
- **Dose:** Single stat dose

Reasons

Based on totality of symptoms and sycotic miasm

Materials and Methods

Synthesis repertory was used and reference was taken from Boericke's Materia Medica and Soul of Remedies by Dr. Rajan Sankaran.

Results

Month	Progress	Prescription
1st Month	Patches are same; no new patch appeared; no new growth seen	Baryta Carb 200 stat dose, followed by SL twice daily + 5 Phos 6x twice + Jab Q la twice/week
2nd Month	Exclamation sign still present; hair fall reduced around patches	SL twice daily + 5 Phos 6x twice + Jab Q la
3rd Month	One new patch appeared; no exclamation sign	Baryta Carb 200 stat dose + same medicines
4th Month	Patches are stable	Continue SL + 5 Phos 6x + Jab Q la
5th Month	Patches started improving; no exclamation sign; new hair visible	SL twice + Jab Q la + 5 Phos 6x
6th Month	3 patches recovered; other patches still present	SL twice + Jab Q la + 5 Phos 6x
7th Month	One new patch appeared; old patches healing	SL twice + Jab Q la + 5 Phos 6x
8th Month	Patches recovering well; hair regrowth evident	SL twice + Jab Q la + 5 Phos 6x
9th Month	Most patches recovering; no new patches	SL twice + Jab Q la + 5 Phos 6x
10th Month	3 patches reappeared; old patches healed	Thuja 200 - 3 doses OD, followed by same supportive medicines
11th Month	All patches recovered	SL twice + Jab Q la + 5 Phos 6x
12th Month	Condition cured; maintenance phase initiated	SL twice + Jab Q la + 5 Phos 6x

Discussion & Conclusion

This case illustrates the efficacy of individualized homeopathic treatment in managing alopecia areata with a history of recurrence since childhood. The use of a constitutional remedy (Baryta Carb) based on the patient's mental and physical totality, in conjunction with anti-miasmatic support (Thuja) and acute phase support (Weisbaden), brought sustained and progressive improvement. Notably, the absence of exclamation signs,

the gradual regrowth of scalp, eyebrow, and body hair, and the lack of recurrence over time reflect a deep level of healing. This case reaffirms that constitutional prescribing complemented by intercurrent and acute phase remedies—when selected on the basis of totality, observation, miasmatic background, and symptom evolution—can yield long-lasting curative results in alopecia universalis.

The transformation

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Conflict of Interest

Not available.

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